

THE NEST

'Nurturing Healthy Minds'

Information for parents, guardians & carers

The Nest in Southwark provides free mental health and wellbeing support for young people aged 13 – 25

Would you like to talk to someone about the mental wellbeing of your young person?

From changing the way that exams get marked (goodbye A*s, hello level 9s) to Coronavirus and the latest social media trends; it can be for hard for us as adults to keep up with the fast paced nature of the world we live in today.

If it's challenging for us then it certainly is for our children and young people. In recent years we have seen the conversation surrounding mental health grow, with an increasing awareness of how it impacts upon young people.

We know that our mental health is just as important as our physical health. The Nest is a space for nurturing healthy minds - we support young people to develop themselves in a way so they can tackle any challenges that life may throw their way.

We know that when young people invest in themselves they can truly flourish and fulfil their potential.

The support we provide

The Nest provides young people and families with the opportunities, experiences and tools to enable them to develop their emotional and social skills.

We offer early intervention and prevention support for emotional issues and low-level mental health concerns such as worries, anxieties and stress. This comes in the form of coaching and talking therapies via one-to-one sessions, group work, virtual resources as well as peer mentoring.

We provide a service to young people at the point of need, without any waiting lists. Your young person will be able to access The Nest even if they are waiting for support from specialist services.

Support during Covid-19

Due to the COVID-19 lockdown, we will be following government guidelines in order to keep our staff and your families safe.

From **4th May 2020** we are offering remote support and will continue to do so as long as the lockdown is in place. This will include e-resources, an online chat service and one-to-one advice over the phone or video calls.

Our opening hours are Monday - Friday, 1pm - 6pm.

Once lockdown restrictions are lifted we will continue these services alongside face-to-face support from our base in Peckham, Southwark.

Contact The Nest

Whether you are looking for advice on how to support your young person, or wish to put your young person in touch with our service, you can send an email to **thenest@groundwork.org.uk**

We will take some basic details and make contact with your young person to see how we can help them.

Visit our website to find out more **thenestsouthwark.org.uk**



The Nest is a service delivered by Groundwork on behalf of Southwark Council